

Friendship Heights Village Center



Calendar of Events 2004

N O V E M B E R

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 9:15 a.m.: Fit-4-Ever 10 a.m.: Great Books 2:30 p.m.: Drawing and Painting 7:30 p.m.: Yoga	2 8:15 a.m.: Walking Club Election Day All classes canceled	3 9:15 a.m.: Fit-4-Ever 10:15 a.m.: Yiddish 11 a.m.: Strength Training 1 p.m.: Portraiture in Pencil and Pastel 6:30 p.m.: Introduction to Pastel 7:30 p.m.: Concert: Barrie Goodman Trio	4 8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 11 a.m.: Bones for Life 11 a.m.: Still Life Painting 6 p.m.: Dance N' Tone 6:30 p.m.: Scrabble 7 p.m.: Bones for Life 7:30 p.m.: Book Signing with Evelyn Porreca Vuko	5 10:30 a.m.: Coffee and Current Events	6 8:15 a.m.: Walking Club 9 a.m. - 1 p.m.: Twin Springs
7 9 a.m.: Yoga 9:30 a.m. - 1:30 p.m.: Coffee and Sunday Papers	8 9:15 a.m.: Fit-4-Ever 10 a.m.: Great Books 10:30 a.m.: Drop-in Tai Chi 11:30 a.m.: Strength Training 1 p.m.: Red Hat Society meeting 2:30 p.m.: Drawing and Painting 7:30 p.m.: Yoga	9 8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 1 - 2:45 p.m.: Blood Pressure Screening 3 - 4 p.m.: Tea 3 - 5 p.m.: Suburban Nurse Specialist 6 p.m.: Dance N' Tone 7 p.m.: Mat Pilates	10 9:15 a.m.: Fit-4-Ever 9:45 a.m.: Walters Trip 10:15 a.m.: Yiddish 11 a.m.: Strength Training 1 p.m.: Health Insurance 1 p.m.: Suburban Lecture: "Joint Replacement" 1 p.m.: Portraiture 6:30 p.m.: Intro to Pastel 7:30 p.m.: Concert: Barbara Martin	11 8:15 a.m.: Walking Club 11 a.m.: Still Life Painting VETERAN'S DAY Center Open 9 a.m. - 2 p.m.	12 10:30 a.m.: Coffee and Current Events 12:15 p.m.: Sunrise Special Lunch 1 p.m.: Special Concert with Sheila Grimes	13 8:15 a.m.: Walking Club 9 a.m. - 1 p.m.: Twin Springs
14 9:30 a.m. - 1:30 p.m.: Coffee and Sunday Papers 11:30 a.m. - 1:30 p.m.: Art Reception	15 9:15 a.m.: Fit-4-Ever 10 a.m.: Great Books 10:30 a.m.: Drop-in Tai Chi 11:30 a.m.: Strength Training 1:30 p.m.: Active for Life Reunion 2:30 p.m.: Drawing and Painting 7:30 p.m.: Yoga	16 8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 1 - 2:45 p.m.: Blood Pressure Screening 1:45 p.m.: "The Culture in Quilts" 3 - 4 p.m.: Tea 3 - 5 p.m.: Suburban Nurse Specialist 6 p.m.: Dance N' Tone 7 p.m.: Mat Pilates	17 9:15 a.m.: Fit-4-Ever 10:15 a.m.: Yiddish 11 a.m.: Strength Training 1 p.m.: Portraiture 1:30 p.m.: Vision Transitions 6:30 p.m.: Introduction to Pastel 7:30 p.m.: Concert: Susan Jones Jazz Quartet	18 8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 10:15 a.m.: Depart for Folger 11 a.m.: Bones for Life 11 a.m.: Still Life Painting 6 p.m.: Dance N' Tone 6:30 p.m.: Scrabble 7 p.m.: Bones for Life 7:30 p.m.: Café Muse	19 10:30 a.m.: Coffee and Current Events	20 8:15 a.m.: Walking Club 9 a.m. - 1 p.m.: Twin Springs 12 - 5 p.m.: Holiday Craft Fair 1:30 p.m.: Children's Storytelling
21 9 a.m.: Yoga 9:30 a.m. - 1:30 p.m.: Coffee and Sunday Papers	22 9:15 a.m.: Fit-4-Ever 10 a.m. - 2 p.m.: MVA Mobile Office 10 a.m.: Great Books 10:30 a.m.: Drop-in Tai Chi 11:30 a.m.: Strength Training 2:30 p.m.: Drawing and Painting 7:30 p.m.: Yoga 8 p.m.: FRIENDSHIP HEIGHTS COUNCIL MEETING	23 8:15 a.m.: Walking Club 12:15 p.m.: Depart for Museum of American Indian 1 - 2:45 p.m.: Blood Pressure Screening 3 - 4 p.m.: Tea 3 - 5 p.m.: Suburban Nurse Specialist 6 p.m.: Dance N' Tone 7 p.m.: Mat Pilates	24 9:15 a.m.: Fit-4-Ever 10:15 a.m.: Yiddish 11 a.m.: Strength Training 1 p.m.: Health Insurance Counseling 1 p.m.: Portraiture in Pencil and Pastel 7:30 p.m.: Concert: Kristen Jepperson	25 Happy Thanksgiving! Center Closed 	26 10:30 a.m.: Coffee and Current Events Center Open 9 a.m. - 2 p.m.	27 8:15 a.m.: Walking Club
28 9:30 a.m. - 1:30 p.m.: Coffee and Sunday Papers	29 9:15 a.m.: Fit-4-Ever 10 a.m.: Great Books 10:30 a.m.: Drop-in Tai Chi 11:30 a.m.: Strength Training 7:30 p.m.: Book Signing with John McCaslin	30 8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 1 - 2:45 p.m.: Blood Pressure Screening 1:45 p.m.: "The Gilded Age" 3 - 4 p.m.: Tea 3 - 5 p.m.: Suburban Nurse Specialist 6 p.m.: Dance N' Tone 7 p.m.: Mat Pilates				

Please note that this month's Village Council meeting will be held **Monday, Nov. 22 at 8 p.m.** The agenda for the meeting is sent to the manager of each building in the Village the week before the meeting with the request that it be posted.

Shuttle bus hours



Monday through Friday 6:40 a.m. to 9:40 p.m.
 Saturday and Sunday 8 a.m. to 7 p.m.

Village Center Hours

Monday through Thursday 9 a.m. to 9 p.m.
 Friday 9 a.m. to 5 p.m.
 Saturday and Sunday 9 a.m. to 2 p.m.

The Friendship Heights Village Center is open to everyone. People who live or work in the Village are especially welcome.

THIS MONTH'S SPECIAL LUNCH AND PROGRAM

November's special lunch, prepared by Sunrise Brighton Gardens, will be held on **Friday, Nov. 12, at 12:15 p.m.** The menu will be turkey with stuffing, creamed peas, mashed potatoes, green salad, and white sheet cake for dessert. The cost is \$6, which must be paid when you make your reservation. Please reserve your seat by Wednesday, Nov. 10.

After lunch, please stay to enjoy a special concert performed by Sheila Grimes **at 1 p.m.** Mrs. Grimes studied at the Paris Conservatory of Music and the Academy of Music of Scotland. She completed her chamber music training at the Royal Conservatory of Music in Brussels. She is the pianist and director of Les Amis de Mozart.